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Tuesday



**WEIRD, WONDERFUL 'IDOL'**  
**Siobhan Magnus**  
proves that an outsider  
can sing her way in **34**

**SILENT KILLER**  
**A U.N. report finds  
polluted water** leads  
to millions of deaths **8**



**A TALENTED FLOCK**  
**The Orioles' hopes  
rest** on a number of  
bright, young stars **15**

am

58

43

pm

FOR EXTENDED FORECAST, SEE PAGE 37

MARCH 23, 2010 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY



HEALTH CARE 2010

## NO REST FOR THE WINNER

Buoyed by his historic victory,  
Obama still faces a fight to sell  
his reform plan to the public **12**



# eo

## EYE OPENERS

### Nothing Says Sanity Like An IV Needle in Your Arm

A fugitive wanted for bank robbery in Michigan is in custody after he walked out of a Pittsburgh hospital and into a bar wearing only a hospital gown, with an intravenous needle still in his arm. Elbert Lewis Thompson II had been detained by officers after fleeing a traffic stop outside Pittsburgh. He was initially hospitalized after complaining of feeling sick and losing consciousness. (AP)

**“It’s hard to keep that faith in your care provider if the nurse is wearing SpongeBob SquarePants scrubs.”**

— CHRIS NELSON, A SPOKESMAN FOR UNIVERSITY OF UTAH HOSPITALS AND CLINICS, WHICH HAS IMPLEMENTED A NEW AND INCREDIBLY SPECIFIC DRESS CODE.

### ‘Starve Him Out’ Deemed Inhumane

Police and firefighters had to extract a 20-year-old man from a laundry chute, which he had tried to slide down as part of a dare, the Wausau Daily Herald reported. Emergency workers found the man with his chest wedged in the chute and his legs dangling out. Firefighters had to cut him out using a saw. (EXPRESS)



### The Big Picture



**BABY BOTTLES** — 4,000 of them — containing polluted water were displayed on the Bundesplatz in Bern, Switzerland, on Monday to acknowledge the United Nation’s World Water Day. More than 300 events took place around the world Monday to raise awareness about water quality. (EXPRESS)

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## Financial Reform Bill Advances

### Washington

The Senate Banking Committee approved far-reaching legislation on Monday to overhaul the nation's financial regulatory system by a 13-10 vote along party lines.



Dodd

The swift approval marked an abrupt shift from the course set for the legislation after its unveiling last week by committee Chairman Christopher J. Dodd, D-Conn., who had said he planned to spend the week considering revisions. The move was strongly supported by Obama administration officials, who are eager to move the long-stalled process forward.

The bill would give the government unprecedented powers to split up financial firms considered a threat to the economy, put together a council of regulators to watch for risks in the financial system and create an independent consumer watchdog.

The bill now goes to the Senate, where its prospects remain in doubt. (THE WASHINGTON POST/AP)

# Google Stops Censoring in China

Company relocates search engine office to evade Web filters

### San Francisco

Google Inc. stopped censoring the Internet for China by shifting its search engine off the mainland Monday but said it will maintain other operations in the country. The maneuver attempts to balance Google's disdain for China's Internet rules with its desire to profit from a growing market.

Google's move comes after a 2½-month impasse pitting the world's most powerful Internet company against the government of the world's most populous country.

On Monday, visitors to Google.cn were being redirected to Google's Chinese-language service in Hong



Google's Beijing headquarters, above, no longer house the company's search engine.

Kong. Google does not censor those results, but Chinese government filters can restrict the results that are seen by mainland audiences.

Google said it plans to keep its engineering and sales offices in China so it can keep a technologi-

cal toehold in the country.

But Google is still taking a financial risk with the move. The revolt against censorship threatens to crimp Google's growth, particularly if taking the stand prompts the Chinese government to retal-

iate by making it more difficult for the company to do business in the country.

The Chinese government could react by blocking access to Google's services, much as it has completely shut off YouTube, Facebook and Twitter.

On Jan. 12, the search company vowed to shake loose from government-imposed restraints on the Internet. It said it was no longer comfortable playing by the rules after it determined that Google and other U.S. companies had been targeted in computer hacking attacks originating from China.

The attackers also tried to pry into the e-mail of human rights activists, according to Google. That raised the specter that the Chinese government or its agents played a role in the espionage, although Google never made a direct accusation. MICHAEL LIEDTKE (AP)

## N.Y. Police Say Driver Error, Not Defect, Caused Prius to Crash

### Harrison, N.Y.

A housekeeper who reported that her boss' Toyota Prius accelerated on its own and wouldn't brake as she hurtled toward a stone wall apparently had her foot on the gas pedal the entire time, according to a police investigation that concluded

the driver, not the car, caused the accident.

Police Capt. Anthony Marraccini said, "The vehicle accelerator in this case was depressed 100 percent at the time of collision, and there was absolutely no indication of any brake application."

The data came from the car's on-



A housekeeper in New York claimed this Toyota Prius accelerated on its own.

board event data recorder and computer, and was downloaded during an inspection Wednesday.

Marraccini said the 56-year-old driver "believes she depressed the brake, but that just simply isn't the case here." She did not try to deceive police, he said, and she faces no charges. JIM FITZGERALD (AP)

## Spring Allergies?

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Nation

Israel Tension Remains

Clinton says housing plan for Jerusalem is threat to peace talks

Washington

New Israeli construction on land claimed by the Palestinians threatens peace efforts and undermines America's ability to help end the Arab-Israeli conflict, Secretary of State Hillary Rodham Clinton told a leading Jewish organization Monday.

Israel's recent announcement of new housing in east Jerusalem exposed differences between the U.S. and the Jewish state that others could exploit, Clinton said. Her remarks to the American Israel Public Affairs Committee were friendly but contained a blunt account of a severe diplomatic breach between the close allies over what the United States sees as the provocative and shortsighted expansion of Jewish settlements and other housing on land claimed by Palestinians.

Clinton defended the Obama



Secretary of State Hillary Clinton said the U.S. is still committed to Israel's security.

administration's strong criticism of a recent large housing announcement because she said it hurt attempts to launch peace talks.

"We objected to this announcement because we are committed to Israel and its security, which we believe depends on a comprehensive peace," Clinton said.

Israeli Prime Minister Benjamin Netanyahu was to speak to the group Monday evening before a meeting with President Obama on Tuesday. Government spokes-

man Mark Regev said Netanyahu would stress that Jerusalem is Israel's capital, "not a settlement."

Clinton assured Israel that the U.S. administration's commitment to its security and future is "rock solid" despite the division over the continued expansion of Jewish housing. Palestinians claim that the expansion is a land grab that will be impossible to roll back, leaving them less space for a future state alongside Israel. **MATTHEW LEE (AP)**

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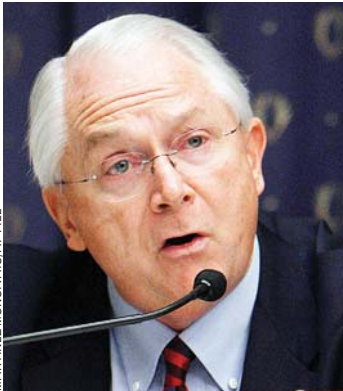


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# Nation



MARTINEZ MONSIVAIS/AP FILE  
Texas Rep. Randy Neugebauer shouted "baby killer" on the House floor Sunday.

## Texas Rep. Apologizes For Yelling 'Baby Killer'

### Washington

Texas Republican Rep. Randy Neugebauer acknowledged Monday that he is the lawmaker who shouted out "baby killer" during a floor speech by Rep. Bart Stupak, an anti-abortion Democrat whose vote was crucial to passing the Democratic health care bill.

Neugebauer said he had apologized to Stupak for his outburst, which drew a rebuke from the chair during the rowdy debate Sunday.

Neugebauer insisted he was not referring directly to Stupak but to the agreement that the Michigan Democrat helped work out with the White House. That eleventh-hour agreement, under which President Obama said he would issue an executive order pledging that no federal funds be used for abortions, helped seal the last votes Democrats needed to pass the bill.

He said his exact words, referring to that agreement, were "it's a baby killer."

"While I remain heartbroken over the passage of this bill and the tragic consequences it will have for the unborn, I deeply regret that my actions were mistakenly interpreted as a direct reference to Congressman Stupak," he said. (AP)



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In Brief



Police guard the court in Shanghai where Rio Tinto workers were on trial.

SHANGHAI, CHINA

Four Rio Tinto Workers Plead Guilty to Bribery

Four employees of mining giant Rio Tinto pleaded guilty Monday to taking bribes, lawyers and an Australian diplomat said, in an embarrassing case seen as part of a harsh new attitude toward foreign business in China. Rio Tinto is one of China's top providers of iron ore and a key industry negotiator in commodity price talks with the government. The accused include a Rio Tinto executive who was arrested along with three employees last year during fractious annual negotiations over iron ore prices. (AP)

SEOUL, SOUTH KOREA

N. Korea To Try U.S. Man

North Korea said Monday that it will put an American on trial for entering the communist country illegally. State-run media identified him as Aijalon Mahli Gomes, 30, of Boston and said "his crime has been confirmed," but did not say when he would stand trial. A spokeswoman for the man's family, Thaleia Schlesinger, said that Gomes had been teaching English in South Korea for about two years. (AP)

U.N.: Tainted Water Kills Millions

Report finds waste discharge spreads diseases, pollution

Nairobi, Kenya

More people die from polluted water every year than from all forms of violence, including war, the U.N. said in a report Monday that highlights the need for clean drinking water.

The report, launched Monday to coincide with World Water Day, said an estimated 2 billion tons of waste water — including fertilizer runoff, sewage and industrial waste — is being discharged daily. That waste fuels the spread of disease and damages ecosystems.

"Sick Water" — the report from the U.N. Environment Program — said that 3.7 percent of all deaths are attributed to water-related dis-



A man fills jerry cans with water at a public tap in Kabul, Afghanistan, on Monday.

eases, translating into millions of deaths. More than half of the world's hospital beds are filled by people suffering from water-related illnesses, it said.

"If we are not able to manage our waste, then that means more people dying from waterborne dis-

eases," said Achim Steiner, the U.N. Undersecretary General and executive director of UNEP.

The report says that it takes 3 liters of water to produce 1 liter of bottled water, and that bottled water in the U.S. requires the consumption of about 17 million bar-

rels of oil yearly. Improved wastewater management in Europe has resulted in significant environmental improvements there, the UNEP said, but

washingtonpost.com

A study released by the World Bank's independent evaluators on Monday found that the countries most in need of clean drinking water receive some of the least in aid from the World Bank.

dead zones in oceans are still spreading worldwide. Dead zones are oxygen-deprived areas caused by pollution.

"If the world is to thrive, let alone to survive on a planet of 6 billion people heading to over 9 billion by 2050, we need to get collectively smarter and more intelligent about how we manage waste, including wastewaters," Steiner said. RONALD BERA (AP)

Karzai Reaches Out to Militants With Taliban Ties

Kabul, Afghanistan

Afghan President Hamid Karzai held an unprecedented meeting Monday with representatives of a major Taliban-linked militant group, boosting his outreach to insurgency leaders to end the eight-year war.

Less certain is whether the talks with the weakened Hizb-i-Islami faction represent a game-changer in the conflict, given its demand to rewrite the Afghan constitution and force a quick exit of for-

eign forces.

It is the first time that high-ranking representatives of the group, led by warlord Gulbuddin Hekmatyar, have traveled to Kabul to discuss peace. The reconciliation offer from Hekmatyar contrasts with his reputation as a ruthless extremist.

Hekmatyar's power has waned over the years, and he commands far fewer fighters than the Taliban. Nevertheless, Hizb-i-Islami is very active in at least four provinces of eastern Afghanistan and parts of

the north. His defection from the insurgency would be a coup for Karzai and could encourage some Taliban commanders to explore their own peace deals.

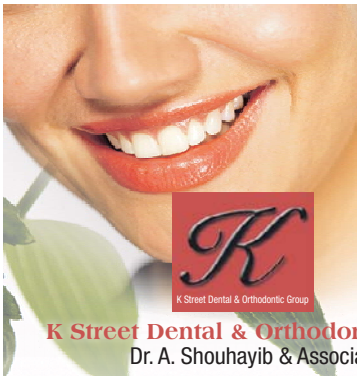
Talking with the Taliban and other insurgents is gaining traction, even as thousands of U.S. and NATO reinforcements are streaming in to reverse the insurgents' momentum. The talks have not stemmed the fighting. NATO reported two service members were killed Monday in separate explosions in southern Afghanistan. (AP)

FITNESS



South Africa's police will be required to hit the gym as part of a program aimed at making them better able to chase criminals. The

program's launch on Monday comes after a study in the city of Port Elizabeth found more than half of the city's police were obese. (AP)



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# World

## Bush, Clinton Tour Haiti's Capital

Ex-presidents lead efforts to raise more aid for quake victims

### Port-au-Prince, Haiti

Former presidents George W. Bush and Bill Clinton toured Haiti's rubble-filled capital Monday to raise aid and investment for a country still reeling from a devastating Jan. 12 earthquake.

It was the first joint visit to the impoverished Caribbean nation by the two former leaders, who were tasked by President Obama with leading the U.S. fundraising effort.

After meeting with Haitian



Bill Clinton speaks alongside Rene Preval, center, and George W. Bush in Haiti.

President Rene Preval on the grounds of the collapsed national palace, they walked through the tarps-and-tent city on the adjacent Champ de Mars, the national mall filled with 60,000 homeless quake survivors living in squalor.


Both men, surrounded by Secret Service agents, Haitian police and U.N. peacekeepers, waded into the giant encampment to shake hands with earthquake survivors.

Clinton said they hoped to get all the aid agencies working together to make the most of the huge global support. "We have to get the whole universe of people who want to help Haiti operating on the same page," he said.

Their visit aims to spotlight the dramatic need for aid to feed and shelter victims of the quake ahead of a critical March 31 U.N. donors conference in New York, where Haitian officials will ask for \$11.5 billion in reconstruction help.

JONATHAN M. KATZ AND MIKE MELIA (AP)

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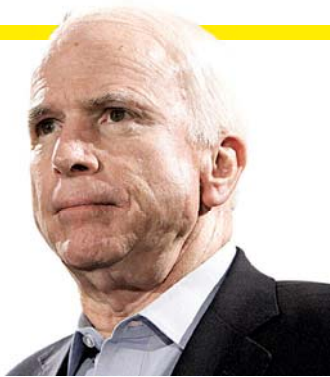
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# health care reform



President Obama, Vice President Joe Biden and senior members of the White House staff applaud Sunday after House Democrats passed health care reform legislation.



## GOP Fights On

**In a defiant last stand** against a newly passed health care overhaul, opponents are trying everything they can to stop it from becoming the law of the land. Republicans in the Senate are planning parliamentary maneuvers to keep a companion bill from reaching the president's desk, and lawmakers in at least 30 states are working to prevent what they say is an unconstitutional mandate forcing Americans to have health insurance.

Sen. John McCain, R-Ariz., told KTVK in Phoenix that the fight over health care reform is far from over. "We will fight in the courts, and we will fight in the rallies and the tea parties and the town hall meetings. And we will fight in the ballot booth, and we will prevail. And we will defeat this because the United States of America and Arizona can't afford this," McCain said. (AP)

# Health Care, Take Two

Obama gears up for a midterm fight that imperils many Dems

## Washington

Even with victory in hand, President Obama can't put health care to rest.

He still has to sell skeptical Americans on the benefits he claims for the massive overhaul Congress finally approved — and try to save the political skins of fellow Democrats who put their jobs in jeopardy by voting with him.

The White House's chief goal after the health care debate was to change its focus to jobs measures and populist issues — intended to be music to the ears of Americans suffering from high unemployment and a limping economic recovery. That's still the case, but the health care overhaul is bound to be a major issue through the November elections and beyond.

Nonetheless, despite the year of caustic debate, Obama emerges

with a stronger hand.

The cliffhanger House vote that approved the overhaul is one of those presidential achievements with multiple side benefits: fresh clout in a capital that worships winners; bragging rights on a key promise kept; praise for presidential perseverance against daunting odds and respite from talk of a mired presidency.

It was news so good that Obama invited dozens of aides to the Truman Balcony for an after-midnight champagne celebration. Senior adviser David Axelrod said Obama was the happiest he'd seen his boss since Election Night when he won the White House — perhaps even

happier. "Elections just give you the chance to do things," Axelrod recalled a jubilant Obama saying. "This is the real thing."

There's no doubt that Obama has passed from Phase One of his presidency — stalled.

Now he's on to Phase Two — buoyed.

Just how buoyed, though, is a bit murky. One clue will be found as the president's campaign-related travel schedule unfolds over the months until this fall's congressional elections.

Standing by his promise to provide political cover for those who helped him on health care is about more than keeping his word. If

Obama were to see the Democratic congressional majority ended or severely diminished in November, it could make it much harder to push legislation through Congress.

Most of those who could suffer from their "yes" votes are moderate Democrats in conservative-leaning districts and states. Siding with Obama were 17 Democrats who are seeking re-election in districts that Republican John McCain won in 2008.

One question is how much these in-danger Democrats could benefit from Obama's help.

His fundraising prowess will be welcomed by nearly all, and it can take place in the background, if need be. But there still will be some Democrats who will not want an in-person appeal to voters from a president with job approval ratings hovering around 50 percent.

Where the president probably can make the most headway on both offense and defense is with the public. Polls show people are split over whether they like the bill. So, Obama will seek to improve those

## Hearsay

**"I do believe that what we are doing with this legislation is establishing health care as a fundamental right."**

— REP. JIM CLYBURN, D-S.C., WHO WAS INSTRUMENTAL IN THE PASSAGE OF THE HEALTH CARE REFORM BILL SUNDAY. AS THE HOUSE MAJORITY WHIP, IT WAS CLYBURN'S JOB TO COUNT THE VOTES TO MAKE SURE THE HEALTH CARE BILL COULD PASS.

numbers, starting with an appearance Thursday in Iowa City, Iowa, and a series of health care-focused events that White House communications director Dan Pfeiffer said would come "periodically" though the end of the year.

White House advisers believe there's plenty of time before November to make the bill's benefits real for voters, especially the few parts that take effect soon, among them rebate checks for seniors affected by the Medicare drug coverage gap, permission for 26-year-olds to stay on their parents' health plans and bans on insurers' turning away children with medical problems.

As Pfeiffer said, "It is helpful for health care reform to go from the theoretical to something real."

JENNIFER LOVEN (AP)



# Ten Years Of Reform

When President Lyndon Johnson signed the bill that created Medicare in 1965, right, seniors got their health insurance cards less than a year later. After President Obama signs his health care overhaul on Tuesday, the major expansion of coverage for uninsured workers and their families won't come until 2014 — long after the next presidential election is over. Parts of the plan won't be fully phased in for a decade, but, ultimately, 94 percent of eligible Americans should have health coverage under the plan. Here's a look of some of the major changes that are to come. RICARDO ALONSO-ZALDIVAR (AP)



With former president Harry Truman at his side, President Lyndon Johnson signs the Medicare bill into law on July 30, 1965, in Missouri.

## 2010

- A high-risk health insurance pool will be created to provide affordable coverage for uninsured people with medical problems.
- Starting six months after enactment, the bill requires all health insurance plans to maintain dependent coverage for children until age 26. It also prohibits insurers from denying coverage to children because of pre-existing health problems.
- Insurance companies will be barred from putting lifetime dollar limits on coverage and from canceling policies except in cases of fraud.
- Tax credits will be provided to help small businesses with up to 25 employees get and keep coverage for their employees.
- The Medicare prescription coverage gap will begin to narrow, as the bill will provide a \$250 rebate to seniors who have spent at least \$2,830 on medicine in a year.
- A 10 percent sales tax will be imposed on indoor tanning activities.

## 2011

- A 50 percent discount on brand-name drugs will be provided to Medicare recipients.
- A voluntary long-term care insurance program will be created to provide a modest cash benefit helping disabled people stay in their homes, or cover nursing home costs.
- A 10 percent Medicare bonus will be instituted for primary care doctors and general surgeons practicing in underserved rural and urban areas.
- Funding for community health centers will be increased.
- Employers will be required to report the value of health care benefits on employees' W-2 tax statements.
- Reductions in payments to Medicare Advantage plans will begin. It is the first step in reducing payments to private insurers who serve about one-fourth of the nation's seniors.
- A annual fee of \$2.3 billion total will be levied on the nation's drugmaking industry, with rates increasing over time.

## 2012

- Nonprofit insurance co-ops will be created to compete against commercial insurers.
- Medicare payments will be reduced as a penalty to hospitals with high rates of preventable patient readmissions.
- Medicare payment reforms will be initiated by encouraging hospitals and doctors to band together in quality-driven "accountable care organizations" along the lines of the Mayo Clinic.

## 2013

- Insurance company paperwork will be standardized in the first in a series of steps to reduce administrative costs.
- Medicare payroll taxes will rise for couples making more than \$250,000 per year and individuals making more than \$200,000.
- A 2.3 percent sales tax on medical devices will begin. Many everyday items bought at drugstores will exempt.

## 2014

- Coverage expansion will shift into high gear as states create new health insurance exchanges — supermarkets for individuals and small businesses to buy coverage.
- Income-based tax credits will kick in for most consumers in the health insurance exchanges, substantially reducing costs for many.
- Medicaid will expand to cover people up to 133 percent of the federal poverty line, about \$28,300 for a family of four. Low-income childless adults will be covered for the first time.
- Citizens and legal residents will be required to have health insurance, except in cases of financial hardship, or pay a fine to the IRS. Penalty starts at \$95 per person in 2014, rising to \$695 in 2016. Family penalty capped at \$2,250.
- Employers with more than 50 workers will begin to be penalized if any of their workers get coverage through an exchange. The penalty is \$2,000 times the number of workers at the company.

- Insurers will be prohibited from denying coverage to people with medical problems or refusing to renew their policy. Health plans cannot limit coverage based on pre-existing conditions or charge higher rates to those in poor health. Premiums can vary only by age, place of residence, family size and tobacco use.

## 2018

- A tax on employer-sponsored health insurance will be imposed on plans worth more than \$10,200 for individual coverage and \$27,500 for a family plan. The tax is 40 percent of the value of the plan above the thresholds, indexed for inflation.

## 2020

- Doughnut hole coverage gap in Medicare prescription benefit is phased out. Seniors continue to pay the standard 25 percent of their drug costs until they reach the threshold for Medicare catastrophic coverage, when their co-payments drop to 5 percent.



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Local

Va. AG Challenges Feds

Cuccinelli to sue over health care reforms he calls an 'overreach'

Richmond, Va.

Less than eight hours after Congress passed sweeping health care reforms, Virginia's attorney general announced a legal challenge.

Republican Ken Cuccinelli said early Monday that he will invoke a 12-day-old state law in challenging what he and other conservatives decry as an unconstitutional overreach of federal authority.

Cuccinelli joins several other



Ken Cuccinelli considers the health care reforms an unconstitutional overreach.

conservative state attorneys general from the region promising a fast legal pushback after the House of Representatives finished passage of the legislation Sunday night.

Cuccinelli said he would base his U.S. District Court lawsuit on a 12-day-old Virginia law and file the action as soon as President Obama signs the bill into law.

Virginia became the first state to enact a law that bucks any effort by the federal government to impose federal health care reform in the states.

Similar measures were filed or proposed in 34 other state legislatures. (AP)

washingtonpost.com



MELISSA MAHFOUZ, right, an American University sophomore, hugs Ana Carolina Ebanks, a food worker at the school who Mahfouz tutors in English. The two met as part of an initiative that aims to bridge the gap in language and culture that separates students from workers. | [washingtonpost.com/local](http://washingtonpost.com/local)

Md. Mom Gets Life for Killing Two Daughters

Rockville, Md.

A Maryland woman convicted of killing two adopted daughters and storing their bodies in a freezer in her home has been sentenced to life without parole.

Judge Michael J. Algeo handed down Renee Bowman's sentence Monday. She had been convicted of two counts of first-degree murder and three counts of first-degree child abuse.

In January, Bowman was sentenced in Calvert County to 25 years in prison for abusing her surviving daughter. The bodies had been kept on ice for months while Bowman continued to collect state payments meant for their support. (AP)

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Monday, March 22

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Mid-day D.C. Five ..... 6-8-7-4-3  
Evening D.C. Five (Sun.) ..... 1-2-7-2-1  
Daily 6 (Sun.) ..... 1-3-5-24-28-33 (10)

Virginia

Mid-day Pick 3 ..... 4-3-2  
Evening Pick 3 (Sun.) ..... 8-5-3  
Mid-day Pick 4 ..... 4-7-7-9  
Evening Pick 4 (Sun.) ..... 9-5-1-1  
Mid-day Cash 5 (Sun.) ..... 1-3-13-15-24  
Evening Cash 5 (Sun.) ..... 2-6-18-23-28

Maryland

Mid-day Pick 3 ..... 7-9-8  
Evening Pick 3 (Sun.) ..... 2-2-0  
Mid-day Pick 4 ..... 8-9-0-0  
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All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



## Swengali

## D.C. Only Has Eyes For Strasburg

The Washington Nationals absolutely did the right thing this weekend by demoting No. 1 draft pick Stephen Strasburg to Double-A. It's just too bad it feels so disappointing.

In two weeks, the Nats will begin a new season with the modest goal of

not losing 100 games.

Based on results from spring training, that may not be a given.

Either way, it's unlikely Washington's baseball club will be drawing much interest

until the Redskins draft a new quarterback and Alex Ovechkin is either holding up the Stanley Cup or is answering questions about whether he can ever win the big one.

Oh, sure, Opening Day against the

**In an otherwise awful spring for the Nationals, Strasburg showed great promise.**

Phillies will be fun. Then the baseball season's lazy pace will kick in.

Except there is one player of whom so much is expected and who will change all that every fifth day — when his spot in the rotation comes up. And his name is, of course, Stephen Strasburg.

In an otherwise awful spring for the Nationals, Strasburg showed great promise in allowing only two runs. None of Washington's other pitchers came close to matching his dominance.

Strasburg, though, represents the future, which means we'll have to wait awhile for him. The time in the minors should do him well as he learns how to succeed as a pro.

Don't be fooled in the meantime. The countdown is for Strasburg's arrival, not the start of the season.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com



NICK LAHAM/GETTY IMAGES

Nick Markakis, Matt Wieters and Adam Jones represent the core group of young players who the Orioles hope will bring a winning season back to Baltimore this year.

# Youth Brings Hope to the O's

After building from within, the Birds can crow about prospects

## The Orioles

There is hope around the Baltimore Orioles this spring, more hope than has been present for the franchise in years. It is there in the deep collection of dazzling young arms, in the graceful movements of Matt Wieters, the towering catcher and recent Sports Illustrated cover boy. You can now find opposing scouts and executives, and not just those employed by the Orioles, who tout the team's prospects and vision.

It is this way by design, as team President Andy MacPhail has taken an orange-and-black sledgehammer to the stale, stalled roster he inherited in June 2007 and has rebuilt it around young pitching.



"prospects" (Remember Calvin Pickering? Matt Riley? Luis Matos?), now Orioles President Andy MacPhail does just the opposite. (TWP)

## Buying Into a New System

Whereas the Baltimore Orioles once tried to buy their core (Remember the disastrous 1999 spending spree that brought Albert Belle, left, Delino DeShields, Mike Timlin, Will Clark and Heathcliff Slocumb to Baltimore?) and fill in the gaps with homegrown

Only three players on the team's 25-man roster at the time of MacPhail's hiring remain in Baltimore — second baseman Brian Roberts, right fielder Nick Markakis and third baseman Miguel Tejada, the last of whom MacPhail traded and later reacquired.

Now, the Orioles' core is as impressive as any in baseball. It includes not only Wieters, Roberts and Markakis, but also center fielder Adam Jones, third base pros-

pect Josh Bell and a half-dozen or so young pitchers led by lefty Brian Matusz, who has created a buzz among scouts this spring with his four-pitch repertoire and poise.

But if this is what represents hope in Baltimore, it must carry this caveat: It's not the same kind of hope that other promising franchises have. Most other teams open the season with a 0-0 record, tied for first place, with nothing but possibilities ahead of them.

The Orioles, on the other hand, seemingly start every season in fourth place and are tasked with proving, against enormous odds, they are better than that. And, inevitably, they are not. Such is the reality of life in the outrageously stacked American League East division.

Only once in the past 12 seasons have the Orioles finished better than fourth — a third-place showing in 2004. And in a couple weeks they start another season in which it seems all but impossible to climb any higher.

"I'd like to be 6-foot-3 and have a full head of hair," Manager Dave Trembley said, when asked whether he ever wished the Orioles were in another division. "You can hope and dream all you want. But the fact of the matter is, I'm not 6-3, I don't have a full head of hair and we're in the American League East." DAVE SHEININ (THE WASHINGTON POST)

## Hearsay



**"We take this issue very seriously. I am concerned that Ben continues to put himself in this position."**

— NFL COMMISSIONER ROGER GOODELL, WHO SAID AT MONDAY'S NFL OWNERS MEETING THAT HE INTENDS TO SPEAK TO BEN ROETHLISBERGER ABOUT THE QUARTERBACK'S OFF-THE-FIELD ISSUES. ROETHLISBERGER IS ACCUSED OF ASSAULTING A 20-YEAR-OLD COLLEGE STUDENT IN GEORGIA.

# 648

The number of career wins for Tom Penders, who resigned Monday as the University of Houston's basketball coach. Penders led the Cougars to their first NCAA tournament since 1992 this year and has made the tourney with four schools. (AP)



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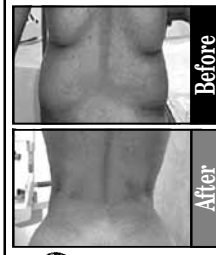
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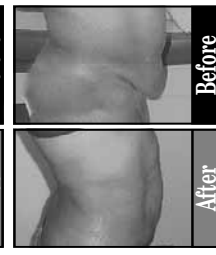


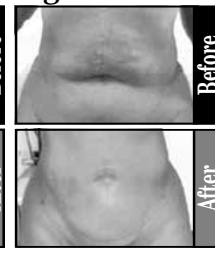
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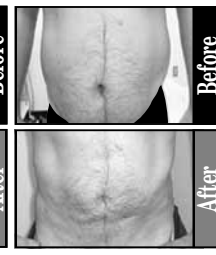
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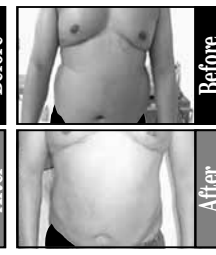
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# Sports

## Tiger Is Getting To Know Himself

Golf great got sick of 'living a lie' as part of his public persona

### Commentary

Everybody, not just the famous, has both a public and a private face. Those two versions of ourselves are never completely reconciled, nor would most of us want them to be. Our interior life, our soul, our truest sense of ourselves, whatever you call it, is too difficult and changing a thing to summarize easily or share widely.

But when the gap between the public face and the private self becomes a vast gulf, people go into crisis. The split inside you becomes intolerable. You feel that you are "living a life of a lie." You become reckless, partly out of self-hatred ("My behavior was disgusting"), but also because you want to put the warring sides of yourself back together, even if the cost is huge. Therapists have big words for it. But let's settle for: You want to stop being a phony.

So, I believe Tiger Woods now. He's so sick of being phony that he drove into a tree, risked blowing up his marriage and half his golf empire, and turned the most revered name in contemporary sports into a national joke.



Tiger Woods answers questions during an interview on the Golf Channel Sunday.

Throughout his life, the tension between his private self, which may have been a bit arrested by his golf obsession and childhood fame, and his enormously profitable "perfect" public image has grown until the gap became unbearable.

The process took years, but, finally, Woods blew the whole thing up. When he says in an interview Sunday night, "I own it. I did it. Nobody else," we may not guess how deeply he means it.

To a degree, Woods has been trapped for his entire life by his fame, his talent, his domineering parents, his corporate empire and his sport. He has been told to play every public role perfectly. He could figure out who his private self was in his spare time.

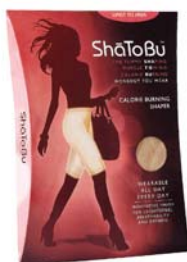
Now, the private Tiger is finally getting full-time work, maybe for the first time. (THE WASHINGTON POST)

## TV Lineup

**WIZARDS (7 P.M., CSN)** After a winless road trip, the Wizards are back home to face the Bobcats.  
**WOMEN'S NCAA HOOPS (7 P.M., 9:30 P.M., ESPN2)** No. 1 Connecticut is among the teams in action during the NCAA tournament's second round.  
**NHL (8 P.M., VERSUS)** The Minnesota

Wild hosts the San Jose Sharks.  
**NIT HOOPS (7 P.M., 9 P.M., ESPN)** Texas Tech battles Mississippi and North Carolina plays UAB in the second round of the NIT.  
**BASEBALL (1 P.M., ESPN)** The New York Mets play the Atlanta Braves with less than two weeks until the games start to count.

# fit



## Guinea Pig | Underneath It All

If Spanx and MBT shoes mated, their offspring would be ShaToBu (\$50-60, Shatobu.com). The name's an abbreviation of SHAping, TOning and BURNing, which are the three things the stretchy garment is supposed to do while you walk, thanks to integrated "resistance bands." Although it's tricky to yank on, it's surprisingly comfy to wear. But if we really burned up to 12 percent more calories (like the inventor claims wearers can), our legs didn't notice.

## Body Talk



JOEL RICHARDSON/TWP

## Timer Traveling

**Timing is everything.** That's especially true for athletes hoping to place or nab a personal record at a race. So for the participants in last weekend's National Marathon and Half-Marathon, there was a lot riding on a new timing technology: the B-Tag.

Instead of chips that tie into your shoes and need to be returned at the finish line, or disposable filmy strips you loop through your laces, this system is entirely in the bib. In theory, it's a step up — it's one less thing for folks to worry

about the morning of a race. But the racers I talked to weren't all pleased. Since these bibs can't be covered up by anything, stripping layers during a race becomes a hassle. Although, luckily, it was warm enough to start in short sleeves. (But you have to worry about the front guy in the pic above.)

A select group of runners also got to sample another new technology. Trakkers (Trakkersgps.com), a gizmo that formally debuts in May, is a lightweight GPS unit that clips to your waistband and lets supporters track your progress in real time. That way they can figure out when they need to be ready to cheer. And when you're done, you can check out the data to help plan for your next event.



To reach Vicky Hallett, e-mail [vicky.hallett@readexpress.com](mailto:vicky.hallett@readexpress.com)



MARGEL/EXPRESS

Instructor Sarah Miller, in the orange tank top, leads students at Barre Body through a series of pliés performed while seated.

# Get to the Pointe

Barre Body class uses ballet training techniques to sculpt a dancer's figure

## Class Review

To teach ballet technique in a room without a handrail, Studio Body Logic has to use a no-holds-barred approach. Actually, make that a no-holds-barre-d approach. But Barre Body proves traditional moves performed sitting and lying down can be just as effective at sculpting a tutu-ready tush.

## What It Is:

When the Pilates studio offered a dance training workshop, students begged for more. So, owner Karen Garcia, a former ballerina, and instructor Sarah Miller, who has a background in modern dance, developed an ongoing class based on exercises they used to do. The

catch is there's just one small portable barre — which can accommodate only two people. "We lay down and stood at a wall to find out how we could do without it," Miller says. The result is an hour-long session that's spent mostly on the ground, which ends up being a Pilates-friendly tactic. Since you're not fighting gravity, it's easier to have proper posture and alignment.

## Moves:

Pliés are normally squats with your feet turned out. You'll do some of those, but you'll spend more time performing them like this: Sit with your butt on the end of a mat, place your hands to each side of you to stay balanced, keep your legs together, bend your knees and point your toes so they're the only part of your feet on the ground. Then slide your toes forward to extend your legs, return

**work  
it out**

to the original position and repeat. Once you're through those (and an array of variations), you'll get to lie down. But it's no break — you'll perform kicks (or dégagés) front, side and back. Eventually, you'll get up and place one hand on the wall to do some standing work, such as pulsing a leg behind you to target your glutes.

## Workout:

"We do a few million of everything in here," says Miller. She's not kidding. That's inspired by the Lotte Berk Method, which advocates high reps to work the muscles to exhaustion. But because the strenuous sections alternate with deep stretching, you have time to recover. (Miller's musical selections vary accordingly — there's pop playing when she wants students to move quickly and elevate their heart rates, but she switches to classi-

## From First Position

It's never too late to learn how to grand-jeté and pirouette. Here are some local dance centers with beginner adult classes.



- ▶ American Dance Institute (1570 East Jefferson St., Rockville, Md.; 301-984-3003, [Americandance.org](http://Americandance.org))
- ▶ The Washington Ballet (3515 Wisconsin Ave. NW; 202-362-3606, [Washingtonballet.org](http://Washingtonballet.org))
- ▶ Adagio Ballet (4720 Lee Hwy., Arlington, Va.; 703-527-8900, [Adagioballet.com](http://Adagioballet.com))

cal tunes for gentler segments.) The emphasis is on strengthening the legs, which comes with other benefits. "Now I have better balance and control," says Meg Hobler, 42.

Class ends with a short weights segment to tone up the upper body. The 1-pounders are teeny, but they're just there to remind you that as you flow through different ballet arm positions, you need to create resistance.

## Crowd:

Most students are regulars at the studio's Pilates classes, so this is a hard-core crew. But the majority of the ladies don't have a ballet background, and when Miller demonstrates a complex move, they're likely to giggle. "Even if you're not the most graceful being on Earth, I want you to feel like a ballerina today," Miller told her class last week. From the smiles on their faces, it was clear that they did.

VICKY HALLETT (EXPRESS)

Thursdays at 11:30 a.m. at Studio Body Logic (2417 Mount Vernon Ave., Alexandria, Va.; 703-739-7601, [Studiobodylogic.com](http://Studiobodylogic.com)). A six-week session is \$108.



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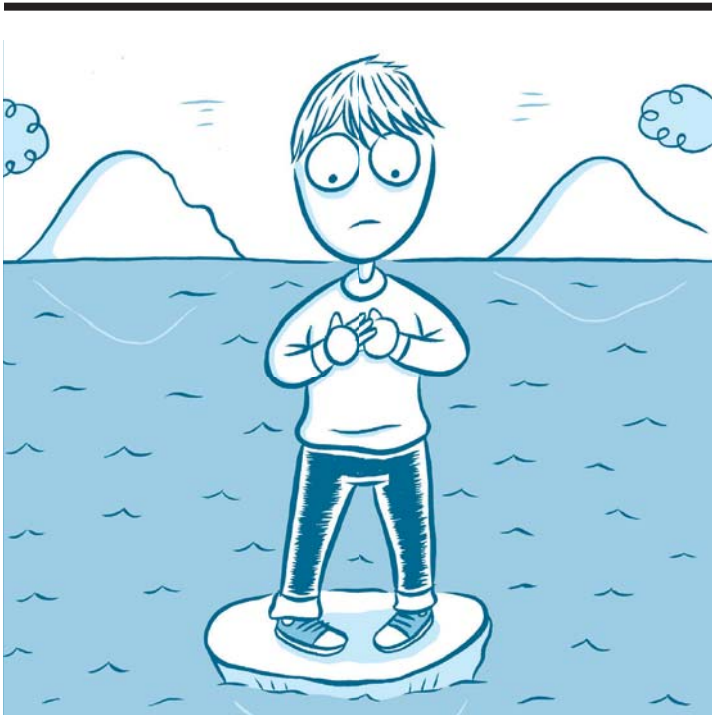
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# baggagecheck



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## The Third Wheel Needs To Get Lost

**Q** My friend of 20 years seems to be obsessed with my boyfriend. When the two of us are out, she constantly asks if he'd like the restaurant, band, etc. If I answer "no," she wants to know why not. When it's the three of us, she'll leave me out and talk only to him. Telling her how uncomfortable this made me did nothing. Finally, telling her I thought she was hitting on him slowed her down for a few months. But now she asked us if "we" would like to go on a vacation with her. This, after we discussed how I didn't want a girlfriend vacation this year. I have been spending less time with her. **UGH**

Spending less time with her certainly seems like a nice start — as does an electric shock collar!

Seriously, you've talked to her, and it hasn't helped. Whether or not she's in love with your boyfriend, she's not treating you like much of a friend by ignoring and steamrolling you in favor of him. If spending less time feels like it's working, I vote for continuing in that direction until its logical conclusion — she either gets the message and changes, or your friendship peters out while she tends to her shrine of your man.



**By Dr. Andrea Bonior**

**@** Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

## Where To Turn for Help

**Q** For the past few years, I've become more and more pessimistic. I've started pushing friends away to the point where they don't reach out to me anymore, and I've ruined an amazing relationship. For a while, I was making excuses as to why it happened, but I've started taking a look at myself. Where can I get help for whatever it is I'm going through? **TIME FOR HELP**

First of all, bravo to you. Many people take much longer to realize that what they're going through is connected to depression or anxiety, and when they do so, they're all too tempted just to ask for medication without seeking out more comprehensive treatments. This area has a high level of mental health care available, and I can certainly give you a heads-up of where to start looking.

Seek out someone who identifies

as a cognitive-behavioral therapist: It's a technique that will help bring you insight and relief most quickly, since your thought patterns — and their connection to your feelings and behaviors — can so clearly use some untangling. Check out your insurance company's offerings, your employer's EAP and local university graduate training programs for particularly affordable options. Get more info and listings at [Apahelpcenter.org](http://Apahelpcenter.org).

## Event Horizon Pole-ing Place

Get your boa ready. Diva Fit, the local pole dancing exercise chain, opens its fourth location tomorrow in Falls Church (157 B Hillwood Ave., [Divafitonline.com](http://Divafitonline.com)). Scheduled classes include various levels of pole work, along with Zumba and "exotics" (sessions devoted to slow, sexy moves). For just a taste, take a spin around the new studio at a free open house this Saturday from 11 a.m. to 2 p.m.



phys ed **fit**

# What's Shaking?

Belly dancing can whittle your middle and tone your body from head to toe

## DVDs

**Shimmying through** "Step By Step Belly Dance" (\$16.99, Acacia lifestyle.com), it's hard not to notice that instructor Leilainia is missing something: a belly. Her taut tummy is proof that the Middle Eastern art isn't just pretty. It's pretty exhausting, too.

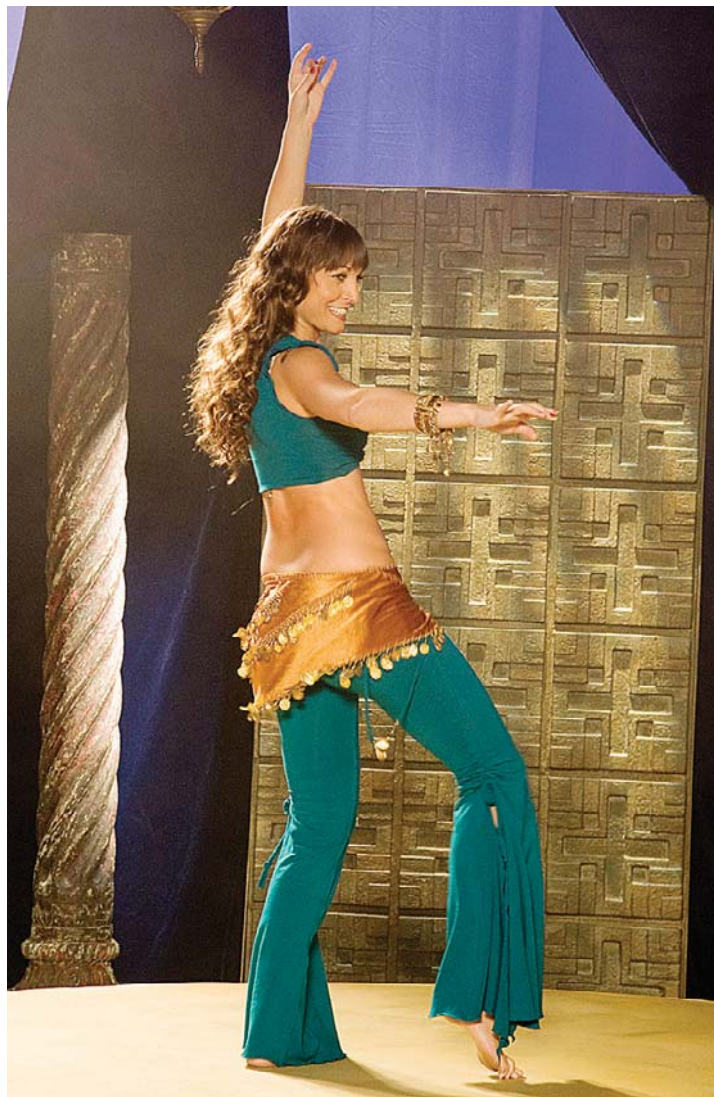
Body rolls force your abs and back to get to work, slightly bent knees make your legs feel the burn, and keeping up those undulating "snake arms" is like lifting weights. "You don't realize how heavy your arms are until you have to hold them up," says Leilainia, a second-generation belly dancer who teaches and performs in San Diego.

But what she loves about belly dance is that while it's challenging, it's also accessible. "Anybody can do it. Any age, any size. You can start when you're 50," she adds.

To do it right, however, you can't just fling yourself around. That's why Leilainia constantly cues viewers to move with intention. For example, when she rocks her hips from side to side, she does it by tightly squeezing one butt cheek at a time. "If you use your muscles to guide your body to where you want to be, you'll move consciously and create better awareness," she says. As a bonus, you'll also get a better workout.

Just be prepared if your body doesn't want to cooperate. A particularly challenging skill to perfect is that shimmy, which Leilainia can maintain endlessly while executing other steps. "You need to let everything relax like Jell-O," she explains. "You have to get used to that feeling. We usually don't want anything to jiggle."

She suggests her students wrap a



Leilainia started belly dancing because she loved the performers' hand gestures.

fringed scarf around their hips when they're dancing, so they can focus on the flying bits of fabric instead of their quivering flesh. (Your outfit should also bare your belly.)

If you have trouble mastering the steps, don't worry about it. Leilainia's goal with the DVD was to deliver a full-body workout — in three 15-minute segments — that offers a playful spin on belly dance basics. "When I dance, I take the traditional movements but remember it's about expressing what I'm feeling," she says.

So, she adds modern touches, like a cheerleader sequence with peppy elbow thrusts, and what

**"You need to let everything relax like Jell-O... We usually don't want anything to jiggle."**

she calls "toning angels." (Pretend you're packing heat while giving your hips a swivel.)

One of Leilainia's favorite benefits of belly dance is "it allows women to love their bodies the way they are." But do enough of it, and those bodies are bound to change.

VICKY HALLETT (EXPRESS)

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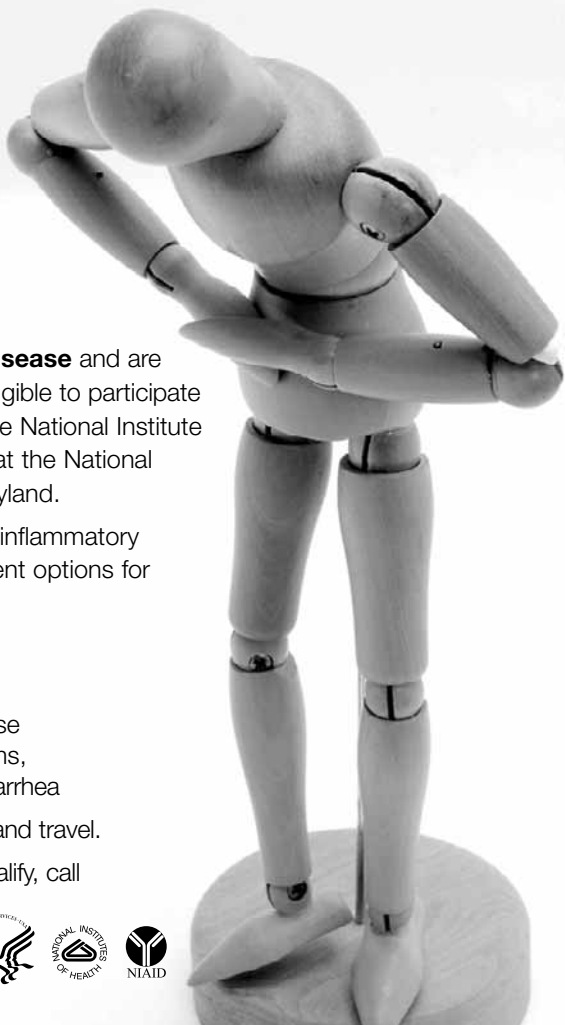
- are between the ages of 18 and 75
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**fit phys ed**

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Pick exercises that target both the core and the upper body

**Strength**

This workout, designed by Craig Ballantyne, a certified strength and conditioning specialist, challenges your core, chest, back, arms and shoulders. Perform it as a circuit with no breaks between moves; then rest for one minute and repeat two more times.

**1 Chin-Up + Knee Raise**

Hang from a chin-up bar using a shoulder-width, underhand grip. Pull your chest to the bar while also raising your knees to your chest. Pause, and slowly lower your body while also lowering your knees. If you can't complete a chin-up, simply raise your knees while hanging from the bar. Complete 10 reps.

**2 Standing Single-Arm Shoulder Press**

Stand holding a dumbbell just outside your shoulder, with your palm facing you. Set your feet shoulder-width apart and keep your knees slightly bent. Raise the weight until your arm is completely straight, and then lower it to the starting position. Do 10 repetitions with each arm.



We can't promise that performing the workout will make you look like this.

**3 Push-Up + Row**

Start in a push-up position as you grip a pair of dumbbells placed shoulder-width apart, palms facing in. Lower your body, pause, and push back up. Now pull the dumbbell in your right hand straight up to the side of your chest. Pause, and lower it. Repeat the move with your left arm. That's one rep. Do 10.

**4 Triceps Extension**

Lie faceup on a bench with your feet flat on the floor. Hold a pair of dumbbells at arm's length above your head, palms facing each other. Without moving your upper arms, bend your elbows to lower the weights until your forearms are past parallel to the floor. Pause; lift back to the starting position. Do 12.

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# How To Make Over Your Morning Meal

Use these tricks — not sugary Trix — to fill up your bowl

## Dieting

Pouring yourself a bowl of yummy, crunchy cereal is a fast way to fuel up in the morning — and research shows that people who do so also consume more produce and whole grains during the day. The catch: You have to pick the right cereal.

## Beware Label Lingo

Cereal boxes are crammed with attention-grabbing health claims: Smart choice! A good source of cal-

cium! Made with whole grains! Well, guess what: Cookie Crisp — yes, the cereal that looks like little chocolate-chip cookies — is made with whole grains and boasts 10 percent of your calcium needs. That doesn't mean it's your best option.

So, skip the front of the box and head for the nutritional facts on the side, says Sari Greaves, a dietitian at Step Ahead Weight Loss Center in New Jersey and an American Dietetic Association spokesperson. Choose cereals that have at least 3 grams of fiber (it will keep you fuller longer), fewer than 200 calories per serving and no more than 8 grams of sugar.



Swap your giant spoon for a smaller one to help slow down the eating process.

ISTOCK

## Prevent Over-Pouring

Serving sizes vary (for example, a serving of plain Cheerios is one cup, while Honey Nut Cheerios is three-quarters of a cup), so resist filling your bowl to the brim.

Better yet, eat cereal out of a coffee mug, says Greaves, and you'll trick your mind into thinking you're eating more. Put the box away right after pouring so you're less likely to go back for seconds. And never eat cereal straight from the box — what seems like just a few handfuls is probably a serving or more. Finally, break that fast with a teaspoon instead of a tablespoon. "Eating with a smaller spoon can slow the eating pro-

cess and cut your calorie intake," says Joan Salge Blake, a clinical associate professor of nutrition at Boston University.

## Use the Right White Stuff

Whole milk will send your calorie and fat counts soaring, so use skim, which has just 80 calories per cup. If skim has your tummy grumbling an hour later, stir in flaxseed or nuts next time. (While both nuts and whole milk will help satiety, nuts also contain healthy mono-unsaturated fats.) Stick to a tablespoon or two and you won't blow your calorie quota. **LOREN CHIDONI** (REPRINTED WITH PERMISSION OF WOMEN'S HEALTH MAGAZINE © RODALE INC.)



## SPECIAL ADVERTISING FEATURE

## THE HOME STRETCH (PART 2)

For 12 weeks, six Express readers have been competing for \$5,000 and a one-year membership to Gold's Gym in the **Know Your Own Strength Challenge**. The challenger with the most points at the end of 12 weeks wins!

With the end of the Challenge in sight, it's time to check in with the contestants. Last week we saw how Jessica, Bruce and Katie have progressed thanks to their commitment to Gold's Gym's goal-based fitness training.

This week, we visit Tim, Tabatha and Jason.



### MAN OF THE MOMENT

The moment Tim knew he could succeed in the Challenge was the day he completed 1,000 meters rowing and did 10 pushups. At the beginning, he couldn't do 200 meters, or even two pushups. Now Tim is eating right and working out smart. Friends encourage him and personal trainer Abu pushes and teaches. Discipline and confidence have made the difference.

**I'VE LEARNED AT GOLD'S GYM CAPITOL HILL:** "...that even with a national profile, Gold's Gym has a friendly, small-town feel." - Tim

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Jason always thought of himself as an achiever, but admits there were things he wouldn't try if they seemed too hard. Each week personal trainer Phil has challenged Jason with increasingly difficult workouts, more technical lifts, and more aggressive intensities. Jason has conquered every test. He's found the confidence to strive for more than he ever could before.

**I LEARNED AT GOLD'S GYM BALLSTON:** "...how much I can do and how much more I can push myself." - Jason

### ONLY THE BEGINNING

The Challenge is almost over, but Tabatha has another date on her mind. Her fiancé returns from Afghanistan in November, and Tabatha has a goal of losing 50 pounds by then. She vows to reach that goal, using everything she's learned about nutrition and training. Personal trainer Melissa has no doubt. She sees in Tabatha a woman who has found strength she didn't know she had.

**I'VE LEARNED AT GOLD'S GYM ROCKVILLE:** "...that I can do it." - Tabatha.



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BRUCE	268.0	265.0	-3.0	-1.1%	45
TIM	244.0	239.0	-5.0	-2.0%	36
JASON	260.4	256.4	-4.0	-1.5%	35
KATIE	215.2	214.0	-1.2	-0.5%	32
TABATHA	197.0	197.0	0.0	0.0%	21

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**Jr. Estimator** — Must be familiar with preparing cost estimates for Government product manufacturing, Government construction projects, or services to aid management in bidding on a project. Must be fluent with AIA and Federal bid documents and solicitations. Minimum 5 years experience with estimation.

**Director of Construction Management Services** — This position will manage IDIQ contracts in support of military construction projects in the Mid Atlantic Region. Must be familiar with DOD specs and QA/QC procedures of construction projects. Supervisory skills, billing procedures and marketing/business development required. Must have knowledge of scheduling and Microsoft office software. Minimum of 15 yrs exp. Required. Licensed in Architecture Engineering preferred.

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us and our friendship.

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- Private balconies/patios
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\$0 Application Fee  
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24-hr maintenance  
Metro Accessible  
Short Distance to Capitol Hill  
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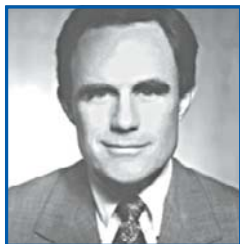
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# lookout



## Cute Intentions

Reese Witherspoon is spotted out and about with a new beau **39**

## Sound Bets



JEREMIAH COOPER

## Girl's Power

**Witnessing a woman** invoke inhuman death-metal growls isn't a rarity now, but I was still taken aback by Landmine Marathon in April 2009 at Rock and Roll Hotel. Skinny-armed, tiny-framed Grace Perry looked innocent waiting for her beefy-and-bearded all-male band to start riffing,

but when the first guitar chord was hammered, she transformed into a spewing, guttural ogre from Planet As-skicker. I think she was also wearing



By Christopher Porter

slippers/comfort wear, and for some reason that made her conversion into a spastically screaming Yeti that much more disturbing.

Perry's performance needs to be witnessed live, and the band should be back in D.C. soon in support of its new CD, "Sovereign Descent." The album is another bracing blast of death metal, grindcore and unhinged punk that evokes classic Earache bands Napalm Death and Carcass. It's tough to decipher what Perry's yelling about, but song titles such as "Shadows Fed to Tyrants," "Foul Revolt" and "Cruel Policy" indicate a political bent. But lyrics matter only when listening at home; in concert, the only thing that needs to be understood is that Grace Perry is a beast.

# 'Two' Is Twice as Sweet

Zooey Deschanel and M. Ward are a bolder, brighter She & Him on their second album

## Music

While the pairing of actress Zooey Deschanel and throwback folkster M. Ward might have seemed unlikely at first, their debut recording as She & Him proved their musical partnership was no novelty act.

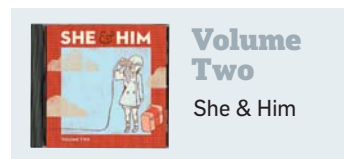
On the duo's first album, "Volume One," Deschanel demonstrated herself to be a delightful singer, with Ward's guitar work and skillful arrangements Deschanel's perfect foil. The 13 songs — 10 written by Deschanel — shimmered like AM radio gold — equal parts vintage twang, Wall of Sound pop and '60s folk. The album was a surprise hit, selling nearly 200,000 copies and earning an Album of the Year honor from Paste magazine.

The follow-up, "Volume Two," should continue raking in the accolades. The album delivers 13 new songs plus two covers that are as sunny, rich and enjoyable as what came before it. Where "Volume One" was built from songs written over many years, "Volume Two" was constructed from the ground up, showcasing the now-married (to Ben Gibbard of Death Cab for Cutie) Deschanel growing as a singer and songwriter.

Most of Deschanel's lyrics have a timeless quality — usually simple musings on love (lost and found)



M. Ward and Zooey Deschanel may look somber, but their retro-pop is about as bubbly and upbeat as indie music comes.



and life — so hearing her reference MTV's "Cribs" and Master P's "gold-plated ceiling" on "Sing" might seem out of place. But that's not a bad thing — it's great to see Deschanel break free of her comfort zone, and it shows she's developing confidence as a songwriter — and as a singer.

There were times on "Volume

## Covers

### Borrowed Tunes

The two covers on "Volume Two" are standouts, as Ward and Deschanel have made some interesting choices. Don't be surprised to find yourself humming She & Him's take on Skeeter Davis' "Gonna Get Along Without You Now." And NRBQ's "Ridin' in My Car" features the rare opportunity for Ward to take a turn at lead vocals. **R.G.**

One," and on the band's subsequent tour, when you could almost hear the nerves creeping in as she sang. She's not a technically proficient singer and instead relies on a seductively sweet timbre. She's able to balance the cute and the sincere, and is incredibly emotive. But on "Volume Two," Deschanel balances the cute side of her voice with an assured and sincere emotive quality. Gone are the nerves of the first record on "Volume Two" — now she beams with confidence.

RUDI GREENBERG (EXPRESS)

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top stops

**1 Canadian Songbird**  
Basia Bulat's from Canada — and once you know, you can sort of tell; you can see the parallels with Joni Mitchell — but before you find that out, she'll sound somewhat Appalachian to you. It's folk pop, but with that backcountry twinge that's not bluegrass exactly, because it's not so boisterous, but something close. F.Z. *Iota Club and Café, 2832 Wilson Blvd., Arlington; 8:30 p.m., \$12; 703-522-8340, [iotaclubandcafe.com](http://iotaclubandcafe.com). (Clarendon)*

**2 Ready for My Close-up**  
Zoomed-in photos are merciless to most of us. But in "Drag," Jason Horowitz exhibits extreme close-ups of drag queens, tackling in excruciating detail an art form that relies on a little distance between performer and viewer. Horowitz launched his project with portraits of famed D.C. drag queen Shi-Queeta Lee. F.Z. *Curator's Office, 1515 14th St. NW; through March 27, free; 202-387-1008, [Curatorsoffice.com](http://Curatorsoffice.com). (Dupont Circle)*

**3 Slapstick Noir**  
Ever seen "The 39 Steps," Alfred Hitchcock's thriller about spies and murder? Well, now you can see the entire film onstage, performed by four actors who together portray more than 150 characters. It's Hitchcock by way of Monty Python, and it works surprisingly well. F.Z. *Warner Theatre, 513 13th St. NW; through Sun., \$30-\$70; 202-783-4000, [www.warnertheatre.com](http://www.warnertheatre.com). (Metro Center)*



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# A Totally Toothsome Novel

Christopher Moore sucks readers in with his latest, 'Bite Me'

## Book Review



Moore

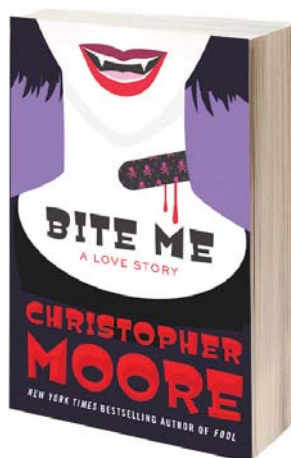
San Francisco has a vampire kitty problem.

A giant, blood-sucking man-cat is on the loose, turning other alley cats into his undead minions and amassing an army to prowl the night. That is, at least, the secret municipal crisis in Christopher

Moore's latest novel, "Bite Me," an imaginative, hilarious account of the young, the goth and the fanged in the City by the Bay.

"Bite Me" is the third — and possibly the final — book in a vampire trilogy that Moore kicked off in 1995 with "Bloodsucking Fiends: A Love Story," about a secretary named Jody who is turned into a dark mistress of the night. Twelve years later, Jody rose again in a sequel, "You Suck," which trailed the "hot redhead" and her newly vamped boyfriend, Tommy, around the streets of San Francisco.

They are lovers, but these books are not supernatural soap operas like the "Twilight" books or "The



Vampire Diaries." Moore's books — all of them, not just the ones with fangs — have an absurdist quality

## expressnightout

To read a conversation with author Christopher Moore, please visit [expressnightout.com](http://expressnightout.com)

that gives them both a sharp humor and an almost tragic gravity.

Furthermore, Moore's prose throughout "Bite Me" is hyperactive and inventive. His sentences don't just sit there on the page — instead, they get right up in your face and bark at you. It's this dynamic work that has established Moore as a revered cult author with a reputation for gleefully subverting the horror genre with wit and actual insight. **STEPHEN M. DEUSNER**



## Mixed Media

### Nothing Special

"The Blind Side," a drama about a white woman (Oscar winner Sandra Bullock) who adopts a black high school student (Quinton Aaron), hits stores today. DVD (\$28.98) offerings are limited to deleted scenes, while the Blu-ray version (\$35.99) boasts a few scattered extras. **(EXPERTS)**

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## Magnus' Opus

'American Idol's' queen of weird keeps raising expectations

### Television

The performances during "American Idol's" homage to the Rolling Stones last week stacked up like this: There was Siobhan Magnus, and then there was everybody else.

The 20-year-old from Cape Cod, Mass., had turned in some powerful performances before, but her take on the Mick Jagger/Keith Richards classic "Paint It Black" was sublime.

Beginning with an eerie musical score and undulating, rhythmic vocals, the song then shifted into a rollicking rapid pace and crescendoed with a skyscraping note before drifting like a feather toward its final resolution.

It was a masterful showing from an unlikely "Idol" competitor. In a show that tends to reward cool kids, Magnus is an outsider. Her wardrobe can skew a little wacky. She used to have a mohawk. And some of her statements on the show have led at least one judge—Simon Cowell—to remark on her, um, uniqueness.

"You are such a strange person, and I mean that as a compliment," he said during the March 3 broadcast.

"I get that a lot," Magnus replied.

Also drawing praise is Magnus' vocal prowess. She wowed the judges earlier this month with a punched note similar to the one



Siobhan Magnus is building a quirky niche for herself on "American Idol."

### expressnightout

Catch up on the season so far and get recaps after each "American Idol" episode at [expressnightout.com/idol](http://expressnightout.com/idol)

in "Paint It Black" during a performance of Aretha Franklin's "Think."

But her showing last week hit a new level of excellence, impressing judge Kara DioGuardi so much that she compared Magnus to a bona fide "Idol" sensation: last year's runner-up, Adam Lambert. Could she perhaps wind up threatening perceived front-runner Crystal Bowersox? Only if she plays her cards right.

The name of Magnus' game from here should be momentum, which she can maintain by keeping her voice in top shape and continuing her creative streak. And she should save those big notes for big moments. Hopefully, she'll have plenty more to pick from.

GREG BARBER (EXPRESS)

### Film Beat



**Fresh Perspective:** Peter Jackson is working on adapting J.R.R. Tolkien's novel "The Hobbit," but he's relinquishing directing duties to **Guillermo del Toro**, of "Pan's Labyrinth" and "Hellboy" fame. Art designer Richard Taylor referenced a new look for Middle Earth, saying "[Jackson] felt a director such as Guillermo could bring something passionate and unique and original and new to the content." (AP)

# TV tonight **lookout**

## Best Bets

**CW**  
**8:00**

**90210** Gia (guest star Rumer Willis, right) admits that she has feelings for Adriana. Dixon's birth mother visits unexpectedly. Teddy and Silver go on their first official date, but she's wary of his playboy past. Navid asks Lila out on a date in the new episode "What's Past Is Prologue."


**CBS**  
**8:00**

**NCIS** Man overboard? No, dead men on board. The bodies of two mercenaries are found on Gibbs' boat. As he and the team investigate, they're dragged into a family matter involving his old mentor, Mike Franks, that could have international ramifications.

**BRAVO**  
**10:00**


**The Millionaire Matchmaker** Patti, left, calls on her favorite relationship therapist, Dr. Nicki, to assist in helping former professional volleyball player — and admitted commitment-phobe — Ayinde Alakoye find love.

**NBC**  
**10:00**

**Parenthood** Adam and Kristina resort to questionable tactics as they investigate Haddie's secret relationship. Jabbar has an accident under Crosby's watch. Sarah is at a loss about how to deal with Drew's budding maturity. Julia and Joel are reluctant to let Amber baby-sit in the new episode "Wassup." (TRIBUNE MEDIA)



## It's All About Alpert

**LOST**
**ABC**  
**9:00**

As always, tonight's "Lost" will focus on one character's particular backstory and mythology. In this case, it's the ageless Richard Alpert (Nestor Carbonell, above), a longtime resident of the mysterious island. The show has done a nice job of shifting seamlessly from the flashbacks explaining the past lives of the islander survivors to the current flashback, flash-forward or flash-sideways.

KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

## Drama



## Party Foul

On Southland (10 p.m., TNT), Lydia (Regina King, above) and Rene launch an investigation into the murder of a local college student. Meanwhile, Kenny and Andy comb the neighborhood for witnesses, while Sammy and Nate visit a house nearby where a wild party took place the night before the killing. And, finally, a cop's funeral turns out to be a very personal event for John in the new episode "The Runner." (TRIBUNE MEDIA)

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# "Are You Blue?"

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Today's Question

WILL THE HEALTH CARE BILL HURT DEMOCRATS IN THE NOVEMBER ELECTIONS?

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Monday's Results

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COMMENTER NOT A METRO FAN

"No, I'm not worried about my MP3 [player] getting stolen. I am worried, however, about going to jail for beating the crap out of the clown that tries to steal it."

COMMENTER MR. GRUMPY STRIPES

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"If you've been following Aziz Ansari's meteoric rise from respected headlining comedian to one of the biggest names in the game, this will come as little surprise."

— PUNCHLINEMAGAZINE.COM/BLOG THINKS THE COMEDIAN WHO STARS ON NBC'S "PARKS AND RECREATION" IS A SENSIBLE CHOICE TO HOST THE MTV MOVIE AWARDS ON JUNE 6.



"The fact that [she] is producing the show outside of the studio system shows that she doesn't want to censor herself, which could mean more of the strong political views and attacking style that ruffled feathers on 'The View.'"

— TWIRLIT.COM — AFTER HEARING RUMORS OF ROSIE O'DONNELL'S RETURNING TO THE TALK SHOW CIRCUIT VIA A POTENTIAL SYNDICATION DEAL — THINKS THE COMEDIAN'S PROGRAM MIGHT BE BETTER SUITED FOR CABLE TELEVISION.



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# puzzles lookout

## Horoscope

**ARIES** (March 21-April 19) A situation that began mildly enough may explode into a potential crisis that you have to address directly — and cleverly.

**TAURUS** (April 20-May 20) The support you expect from a third party may not come — at least, not when you most need it. You're on your own, but you can do it.

**GEMINI** (May 21-June 20) You may have to ask a few unusual favors of people who are not in the habit of granting them — to you or anyone else. Be courageous.

**CANCER** (June 21-July 22) The difference between professional and amateur is likely to be revealed in stark relief, making a great deal more clear.

**LEO** (July 23-Aug. 22) Your dealings with someone who is overly sensitive and prone to knee-jerk reactions are likely to be simpler than expected.

**VIRGO** (Aug. 23-Sept. 22) You may not see a light at the end of this particular tunnel, but that's only because you have one last turn to navigate.

**LIBRA** (Sept. 23-Oct. 22) You're likely to be inspired by someone who responds to a negative situation in a positive manner. You can behave similarly.

**SCORPIO** (Oct. 23-Nov. 21) You'll have the chance to defend yourself, but you may still wonder why you have to in the first place. Someone may be gunning for you.

**SAGITTARIUS** (Nov. 22-Dec. 21) Your reasons for charging ahead will be clear once you start reaping results. Others will soon be on-board.

**CAPRICORN** (Dec. 22-Jan. 19) You have the chance to accomplish something quite important — even though it may go unnoticed for a time. Something is brewing.

**AQUARIUS** (Jan. 20-Feb. 18) It's important to keep your judgments to yourself — until you know exactly what is going on around you.

**PISCES** (Feb. 19-March 20) You're likely to be quite surprised when someone reveals his or her true motives. In the end, you'll realize that you're on the same page.

## Scrabble Grams

PAR SCORE 145-155, BEST SCORE 215

A <sub>1</sub>	A <sub>1</sub>	E <sub>1</sub>	G <sub>2</sub>	R <sub>1</sub>	B <sub>3</sub>	R <sub>1</sub>
E <sub>1</sub>	I <sub>1</sub>	O <sub>1</sub>	G <sub>2</sub>	R <sub>1</sub>	T <sub>1</sub>	F <sub>4</sub>
A <sub>1</sub>	A <sub>1</sub>	U <sub>1</sub>	H <sub>4</sub>	R <sub>1</sub>	T <sub>1</sub>	C <sub>3</sub>
E <sub>1</sub>	I <sub>1</sub>	O <sub>1</sub>	Y <sub>4</sub>	C <sub>3</sub>	T <sub>1</sub>	S <sub>1</sub>

Triple Word Score

RACK 1

RACK 2

3rd Letter Double

RACK 3

RACK 4

### Yesterday's Solution

P <sub>3</sub>	H <sub>4</sub>	L <sub>1</sub>	E <sub>1</sub>	G <sub>2</sub>	M <sub>3</sub>		RACK 1 =	14
S <sub>1</sub>	K <sub>5</sub>	E <sub>1</sub>	P <sub>3</sub>	T <sub>1</sub>	I <sub>1</sub>	C <sub>3</sub>	RACK 2 =	70
P <sub>3</sub>	A <sub>1</sub>	Y <sub>4</sub>	A <sub>1</sub>	B <sub>3</sub>	L <sub>1</sub>	E <sub>1</sub>	RACK 3 =	92
F <sub>4</sub>	L <sub>1</sub>	A <sub>1</sub>	G <sub>2</sub>	M <sub>3</sub>	A <sub>1</sub>	N <sub>1</sub>	RACK 4 =	63
PAR SCORE 155-165								TOTAL 239

### FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

## Sudoku

MEDIUM

				1	7	8
4		3		7		
7				6		1
9		4		8		
	7		6	5		4
			4		9	1
	3		2			8
				1	6	2
	5	7	8			

### Yesterday's Solution

1	7	9	2	8	6	5	4	3
8	3	6	5	4	9	2	1	7
5	2	4	7	1	3	9	6	8
2	6	8	4	9	7	1	3	5
7	1	3	6	2	5	8	9	4
9	4	5	8	3	1	7	2	6
3	8	7	9	6	2	4	5	1
4	9	1	3	5	8	6	7	2
6	5	2	1	7	4	3	8	9

**Need more Sudoku?** Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

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## Comics

FIND MORE COMICS AT EXPRESSNIGHTOUT.COM

### POOCH CAFE | PAUL GILLIGAN



### PEARLS BEFORE SWINE | STEPHAN PASTIS



## Forecast

**58 | 43**

**Today:** Breezy today with a couple of showers. Mostly cloudy tonight.

**65 | 42**

**Tomorrow:** Breezy tomorrow with sunshine and patchy clouds. Clear tomorrow night.

### Looking Ahead



**THU** **FRI** **SAT**  
**63 | 45 57 | 38 58 | 42**

**Sun and Moon**  
Sunrise today: 7:07 a.m.  
Sunset today: 7:23 p.m.  
Moonrise today: 12:04 p.m.  
Moonset today: 2:34 a.m.

**Almanac**  
Normal high: 58  
Record high: 90  
Normal low: 39  
Record low: 17

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# lookout puzzles

## Crossword

### HAVE IT YOUR WAY

#### ACROSS

1 Is inquisitive  
5 Chick's pronouncement  
9 White-flag waver's desire  
14 City with a high divorce rate?  
15 The "A" in A.D.  
16 From the boondocks  
17 Bedouin bigwig (var.)  
18 Defeat narrowly  
19 Madagascar primate  
20 "Hush!"  
23 Use a whetstone on  
24 Faux finish?  
25 Fictional works  
28 Old Chinese money  
30 Green target  
33 Vertically, in nautical talk  
34 "It Must Be Him" singer Vikki  
35 River in Donegal  
36 "Don't be rude!"  
39 Genesis grandchild  
40 VIP section?  
41 Give access to  
42 J.F.K. or F.D.R., partywise  
43 \_\_\_\_ listening (radio format)  
44 Moves stealthily  
45 Title for Walter Scott  
46 Caesar's sidekick  
47 "Cool it!"  
54 Capital of India?  
55 Bent joint for a proposer  
56 Dermatological concern  
57 Kind of ego  
58 When the Feast of Esther is observed  
59 Asta's owner  
60 Former times  
61 Pairing device on the farm  
62 Flashy trinket

#### DOWN

1 Graceful equine  
2 Conductor's opening?  
3 Make bootees, e.g.  
4 Poor losers  
5 Metrical feet  
6 Provide, as with a quality  
7 Bridge bldr.  
8 Coffeehouse attraction, maybe  
9 Having three parts  
10 Ladder components  
11 Language in Pakistan  
12 Have concern  
13 One of the NFL Mannings  
21 Like some tempera paints  
22 "Tosca" or "Thais," e.g.  
25 Dubbed  
26 Make one's views known  
27 Gila monster's delivery  
28 Dawdle

29 It holds a lot of companies  
30 \_\_\_\_ brulee (custard with a crust)  
31 Tear open, as seams  
32 Rats, gnats, etc.  
34 "The Hustler" props  
35 Lovable  
37 Egg-producing organ  
38 Prefix meaning "drug-related"  
43 Down-producing ducks  
44 Cling  
45 Frozen downpour  
46 Sound of old floorboards  
47 Dance with a story  
48 Elects (to)  
49 "Sure, why not?"

50 Reverse an action  
51 Greek colonnade  
52 Eggshell shade  
53 Fish of the herring family  
54 Will Smith's music

#### Yesterday's Solution

## Today in History

**1983** Barney Clark, 61, dies 112 days after becoming the first recipient of a permanent artificial heart.

**1994** Wayne Gretzky scores his 802nd goal, breaking his childhood idol Gordie Howe's NHL record for most goals scored in a career.

**1998** James Cameron's film "Titanic" wins 11 Academy Awards, including Best Picture.

express

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## GOSSIP

**Tabloids Fight to Discover Which Joint Jane Fonda Will Replace Next**

Jane Fonda will host the first-ever World Fitness Day on May 1 in Atlanta's Georgia Dome, People.com reported. Fonda says the event is "a nationwide call for fun and fitness" for everyone: "I am 72 years old. I've had hip replacement and a recent knee replacement, and I am interested in bringing boomers and seniors like me into the exercise world because I know it will enhance their lives." (EXPRESS)



## HARSH

**Birth of Baby Usurped as Best Day of Woman's Life**

Sacha Baron Cohen and Isla Fisher wed in Paris last week, according to the Australian magazine Woman's Day. "It was the absolute best day of my life," Fisher said in an e-mail to friends. "I thought of you as everything was happening, but Sacha and I wanted no fuss — just us!" The couple have a daughter, Olive, who was born in 2007. (EXPRESS)



It's hard to top squeezing a new life out of your womb, but this wedding did it.

## Victims

**Spit-Up on Blouse Is the New Sexy**

Nadya "Octomom" Suleman needs to come up with \$450,000 by COB Tuesday to prevent foreclosure on her home. Porn company Vivid Entertainment, which tried to hire Suleman last year, is offering to pay off her house if she'll appear in one of its films. Vivid promises Suleman her choice of sex partners. (EXPRESS)



BRENDAN HOFFMAN/GETTY IMAGES

## ROMANCE

**Reese Dates a Civilian**

Reese Witherspoon has a new boyfriend, Usmagazine.com reported. Jim Toth, 39, is an agent at Los Angeles' Creative Artists Agency. According to Us, they've been a couple for about two months. The couple "started as friends, and it developed into more," one source said. Another source said the pair are "hot and heavy," and that Toth has met Witherspoon's two children, Ava and Deacon. (EXPRESS)



## FRIENDS

**Corey Feldman Suddenly And Mysteriously Silent**

Corey Haim's family still needs money to pay for the late actor's March 16 funeral, Radaronline.com reported. Though celebrity memorabilia Web site Startifacts.com had promised to give \$20,000 to the cause, the company actually donated only \$10,000. "If you haven't donated and would like to, please know that donations are still very much needed," read a message posted at Coreyhaim.us/memorial.html. (EXPRESS)

**"I break out in hives. My stomach is a mess. I'm, like, 'I can't, I can't, I can't.'"**



— SHANNEN DOHERTY, WHO IS "NERVOUS AND FREAKING OUT" OVER THE PREMIERE OF "DANCING WITH THE STARS." WE ARE TOLD THAT SHE IS ONE OF THE "STARS."

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